



October 2024

Seniors—

Attend meetings with college reps at your school

Continue to work on your applications; complete your applications if applying ED or EA; check accuracy of transcripts.

10th & 11th Graders—

Take the PSAT

Attend [NACAC College Fairs](#)

For those interested in art, attend [National Portfolio Day](#)

Parents—

Complete the [CSS Profile](#) if applicable.

[FAFSA](#) is scheduled to open December 1st.

November 2024

Seniors—

Submit EA and ED applications and supporting documentation.

Keep track of all deadlines and continue to work on remaining applications.

Check dates for upcoming SAT or ACT availability in your area.

Learning Differences and College Selection

Transitioning to college can be a significant change, especially for students who require academic accommodations for ADHD and/or other learning differences. Though some students are hesitant about applying for accommodations in college, it's better to have them in place and not use them than to wish you had applied for them.

Colleges offer differing levels of support to students with learning differences and ADHD. In compliance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act, all schools must provide a basic level of accommodations to students with physical, psychological or learning disabilities. Academic accommodations, such as extended time or a non-distracting room for exams, are meant to equalize the learning environment and are available at no cost.

A key distinction students should be aware of is the difference in how accommodations are handled in high school compared to college. In high school, accommodations are usually provided under the Individuals with Disabilities Education Act (IDEA), which focuses on student success. Schools, teachers, and counselors proactively identify needs, implement Individualized Education Programs (IEPs), or 504 plans, and ensure the necessary accommodations are provided. The school bears much of the responsibility to make sure students receive the help they need.

In contrast, college accommodations operate under a different legal framework—mainly the ADA and Section 504. These laws prioritize access, not guaranteed success, meaning that while colleges must provide accommodations to create equal opportunities, students are

expected to take much more responsibility for managing their own support.

The basic accommodation model can work well for students who have developed good learning skills, can self-advocate, and don't need individualized support. Students at colleges that offer basic accommodations must take the initiative to secure the appropriate academic accommodations. While all colleges must offer at least minimal services, some provide additional programs such as time-management workshops and access to assistive technology.

Schools with structured support go beyond basic accommodations and offer additional support outside the classroom. This can include group or individual sessions to help students with reading comprehension, writing, speaking, listening, and time management. Some of these programs also provide summer pre-orientation sessions to prepare students for college courses, familiarize them with campus resources, and introduce them to peers with similar learning differences.

Other colleges provide more comprehensive support. These programs teach learning strategies and skills based on a student's learning style. One of the most well-known comprehensive programs is the [Strategic Alternative Learning Techniques \(SALT\) Center at the University of Arizona](#). Students are assigned to learning specialists who provide individualized academic support and help them learn new strategies for success in the university environment. Specially trained tutors and writing support are available, as is a computer lab that provides access to assistive technologies.

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Focus on Majors: Digital Humanities

Career Paths for Digital Humanities

- *Digital Archivist*
- *User Experience (UX) Designer*
- *Content Strategist*
- *Data Analyst*
- *Digital Curator*
- *Digital Project Manager*
- *Media Analyst*
- *Interactive Media Producer*
- *Academic Researcher/Professor*
- *Digital Communications Specialist*

Courses in Digital Humanities

- *Digital Storytelling & Multi-Media Projects*
- *Critical Media Studies*
- *Text Mining & Data Analysis*
- *Digital Mapping & Spatial Humanities*



In today's rapidly evolving digital landscape, the boundaries between technology, culture, and the humanities are increasingly blurred. This intersection is the focus of an emerging interdisciplinary area of study known as **Digital Humanities (DH)**, which explores how digital tools can be used to analyze, interpret, and present cultural and historical content. Digital Humanities offers students a unique blend of traditional humanities subjects—such as literature, history, and art—with cutting-edge technology and media studies, creating a dynamic and versatile area of study for the 21st century.

What is Digital Humanities?

Digital Humanities applies computational tools and digital methodologies to traditional humanities research. Stanford describes their DH minor as embracing “computer science, sociology, literature, history, geography, engineering, political science, economics, anthropology, media studies, studio art and more... DH is by its nature collaborative, interdisciplinary, project-based, transcultural & transhistorical.” It involves rethinking how we approach and understand the humanities in an age where digital media dominates our lives. At its core, Digital Humanities seeks to answer complex questions about human culture, history, and society using digital tools that allow for new forms of analysis and representation. For example, a student might use text mining software to analyze patterns in 19th-century literature or employ geographic information systems (GIS) to map historical events like violent crime rates across time and space.

Here are just a few colleges and universities offering majors, minors, or concentrations, each with its unique approach:

Bucknell University - Digital Humanities and Comparative Digital Humanities: offers both a major and a concentration that allow students to explore how digital tools can be applied to humanities research, emphasizing comparing digital

practices across different cultures and historical periods.

Stanford University - Digital Humanities (Minor): Focuses on integrating digital tools with traditional humanities research, offering students opportunities to work on projects involving digital archives, text analysis, and multimedia storytelling.

University of California, Los Angeles (UCLA) - Digital Humanities (Minor): Includes courses in digital media, cultural analysis, and the creation of digital projects that engage with historical and cultural content.

New York University (NYU) - Media, Culture, and Communication: offers a strong foundation in digital media studies, exploring the cultural impact of digital technologies and media.

University of Virginia (UVA) - Digital Humanities (Concentration within the Media Studies major) allows students to integrate digital tools with humanities research, focusing on media studies, history, and literature.

Digital Humanities could be the perfect fit for students fascinated by literature, history, or art but also love working with digital tools or coding. Consider whether you enjoy projects that combine creative and analytical skills, such as developing a website, analyzing trends in social media, or creating digital art. Students curious about how technology can be used to explore cultural and historical questions and who are excited about using digital tools to present their research in innovative ways will likely find Digital Humanities a rewarding and engaging field of study.

Digital Humanities is ideal for students who are interested in both understanding the past and shaping the future through the lens of technology and culture. As our world becomes increasingly digital, the skills and insights gained from studying Digital Humanities will be invaluable in a wide range of careers, from academia and cultural institutions to media, technology, and beyond.

Financial Matters: Keeping Application Costs in Check



Applying to college can be a costly proposition. According to *U.S. News and World Report* (2022), college application fees can range from \$50-\$100 per college. Add in the cost of standardized test score reports and, at some high schools, fees for transcript requests, and the costs can quickly add up. For example, a student applying to just 10 universities may have to pay \$700 in application fees alone.

Here are five ways families can keep college application costs under control:

Build a thoughtful college list. Few students truly need to apply to 15 or more colleges. Resist the temptation to add colleges to your list that you know little about or would not attend if admitted. Make sure to include several colleges that you love where you will have a high probability

of admission. Then prune your “reach” schools to a manageable number. Not only will this strategy save your family money on application fees, but it will also allow you to do a better job on each application.

Create an application budget. As you begin to research colleges, check the application fees for the colleges you’re considering. The College Board, the Common Application, Naviance, and other tools make it easy to quickly get an overview of application fees. While a free application should never be your *only* reason for applying to a particular college, more than 400 colleges and universities never charge application fees.

Read the application instructions on each college’s website. Once you’ve decided where you will apply, be sure to read the application instructions on each college’s admission website. Many colleges waive application fees for certain types of applicants, but these “specials” aren’t always reflected or explained in the information provided by third-party systems.

For example, if you relied only on the Common Application requirements grid, you would not know that the

University of New Haven waives its \$50 application fee if you apply by early action or early decision deadlines, or that the University of Chicago waives its \$75 fee for students applying for financial aid. Other colleges waive fees for students who visit campus or who apply using the school’s own application.

Each time you take the SAT or ACT, you can request that up to four score reports be sent to the colleges you applied to without a charge. It is not advisable to review your scores prior to sending. Some schools offer the option of sending self-reported scores, which can reduce costs.

Stay organized. Some high schools also charge extra for last-minute transcript requests. Organize a calendar and stick to a plan for getting all of your application materials to your colleges well ahead of deadlines.

While the costs associated with applying to college can seem daunting, you can keep college application costs manageable by being strategic in selecting schools, utilizing fee waivers, and exploring free application options. Your school counselor can also help to identify additional resources to make this process more affordable.

Learning Differences and College Selection (continued from page 1)

Another option is a school such as Landmark College in Vermont that focuses exclusively on students with learning differences, dyslexia, Autism, executive functioning challenges, and ADHD. Students receive extensive support as they develop learning strategies, and most go on to pursue a bachelor’s degree, either at Landmark (which also offers associate degrees) or at another college. Programs that offer support beyond basic accommodations usually charge fees, which can run

several thousand dollars a year, depending on the level of service. Students who need support in college for a disability must have proper documentation. Check with each school for their requirements. Colleges require current documentation of a disability, often within three years, from a medical or educational professional. When visiting colleges, students should stop by the academic support office to find out the available services

offered. The attitude of the staff is important in determining whether a college offers a good environment for a student. Talking to students who have similar learning differences is also a great way to determine whether the school is supportive.

Students who know their strengths and challenges are in the best position to find schools that offer the support they need and are likely to be successful in college. For more detailed information, the [K&W Guide](#) is a good resource.

Time-Management Tips for Teens

Managing your time effectively can help you juggle school, friends, and hobbies without feeling overwhelmed. Here are a few simple ways to take control of your schedule to stay organized and stress-free:

Create a To-Do List: List everything you need to complete. Break big tasks (like studying for exams) into smaller, manageable steps. Prioritize by focusing on the most important tasks first, such as homework or upcoming projects. Another tool for prioritizing is the [Eisenhower Matrix](#), a simple way to consider prioritizing tasks based on the urgency and importance of the activity. This matrix consists of four quadrants: Urgent and Important, Urgent but Not Important, Not Urgent but Important, and Not Urgent and Not Important. Additionally, another way to stay organized is the SMART goal system which is a specific, measurable, attainable, relevant, and time-bound goal.

Use a Calendar: Whether you prefer a digital calendar (Google Calendar, Apple

Calendar) or a physical planner, keeping track of deadlines and events is key. Block out time for each activity. For example, if you have a math test on Friday, schedule study sessions earlier in the week. Don't forget to include downtime for relaxation or fun with friends!

Set Deadlines: Besides school deadlines, set personal ones to help you stay on track. If a project is due in two weeks, aim to finish it a few days early. This way, you'll avoid the last-minute rush.

Eliminate Distractions: When it's time to focus, silence your phone or use apps like Forest or Focus@Will to stay on task. Set a timer for 30-45 minutes of focused work, followed by a short break.

Stay Flexible: Life happens, and plans can change. If you miss something, don't stress! Adjust your schedule and move on.

By mastering these skills, you'll not only get more done but also have more time for the things you love. Time management is a habit worth building!

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